

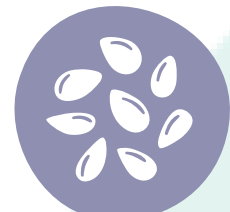
The 14 Food Allergens

Below is a list of the Food Standard Agency's (FSA) 14 major allergens:



GLUTEN

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



SESAME

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



NUTS

Not to be mistaken with peanuts (which are a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



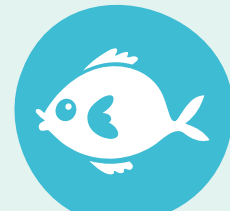
CRUSTACEAN

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and South-East Asian curries or salads, is an ingredient to look out for.



PEANUTS

Peanuts are actually a legume, and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



MILK

Milk is a common ingredient in butter, cheese, cream, milk powders & yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups & sauces.



CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



SULPHITE

Sulphur dioxide (sometimes known as sulphites) is a food additive often used in dried fruits like raisins, dried apricots, and prunes. It can also be found in meat products, soft drinks, vegetables, wine, and beer. If you have asthma, you are at a higher risk of developing a reaction to sulphur dioxide.



LUPINS

Lupin is a flower, but it is also found in flour, and can be used in some types of bread, pastries, and pasta. If you have a lupin allergy, it is important to check food labels and avoid these foods.



SHELLFISH

A type of seafood to be aware of Molluscs include mussels, land snails, squid, and whelks. They can also be found in dishes like oyster sauce or as an ingredient in fish stews.



SOYA

Soya, also known as soybeans, is a versatile ingredient found in many food products. It can be commonly found in bean curd, edamame beans, miso paste, textured soya protein, soya flour, and tofu. Soya is a staple in oriental cuisine, and it can also be found in desserts, ice cream, meat products, sauces, and vegetarian products.